

CYBERBULLYING

Cyberbullying is not
OK!



CYBERBULLYING

is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones.” - Taken from STOP Cyberbullying

Here are some ways to prevent cyberbullying:

1. Don't give out your passwords to anyone.
2. Don't share secrets, photos, or anything else that would be embarrassing online.
3. Don't send messages when you're angry.
4. Let bullies know that cyberbullying is not OK.
5. Be as nice online as you are offline.

-Taken from McGruff's Advice on Cyberbullying

Here are some informational websites on cyberbullying:

STOP Cyberbullying- <http://stopcyberbullying.org/>

Cybersmart-<http://www.cybersmart.gov.au/>

McGruff's Advice on Cyberbullying- <http://mcgruff.org/Advice/cyberbullies.php>

Advice for victims of cyberbullying

- * Don't respond to emails or messages that are mean to you or your friends.
- * Don't forward emails or messages that are mean or that spread rumors about other people.
- * Block anyone who acts like a cyberbully.
- * Save or print all messages from bullies.
- * Show the messages to an adult you trust—like a parent or a teacher—and ask for help. If the first adult you tell doesn't help you, keep telling until someone does.

-Taken from McGruff's Advice on Cyberbullying